



# Kingsport Senior Center News

June 2014

Volume XXII Edition 6  
1200 East Center Street  
Kingsport, Tennessee 37660

## Block Party '14

Tuesday, July 8, 2014

Kingsport Senior Center

5:00p.m.-7:00p.m.

Free

Menu: Hot dogs (with trimmings), chips,  
ice cream sandwiches and drinks.

Entertainment: Harry and JanRose Hall

Special thanks to our vendors: CareCentral, Smoky Mountain Home Health  
and Hospice, Senior Citizens Services, Regional Allergy Center and Care



# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>**  
**Center Hours**

Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon

### Lynn View Senior Center Branch Site

257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047

Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)

**\*The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

**Director ~ Shirley Buchanan**  
shirleybuchanan@kingsporttn.gov  
392-8403

**Branch Coordinator ~ Cindy Price**  
cindyprice@kingsporttn.gov  
392-8402

**Lori Calhoun ~ Secretary**  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

**Program Leader ~ Michelle Tolbert**  
michelletolbert@kingsporttn.gov  
392-8404

**Wellness Coordinator ~ Kevin Lytle**  
kevinlytle@kingsporttn.gov  
392-8407

**Program Leader ~ Marlana Williams**  
marlanawilliams@kingsporttn.gov  
392-8405

**Program Assistant ~ Jane Whitson**  
janewhitson@kingsporttn.gov  
392-8406

**Program Assistant ~ Amber Quillen**  
amberquillen@kingsporttn.gov  
343-9713

**Branch Program Assistant ~ Hannah Baker**  
hannahbaker@kingsporttn.gov  
765-9047

**Nutrition Site Manager ~ Sona Bingham**  
246-8060

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	Bob Winstead (Secretary)
Jean Chang	Norma Livesay
Carmon Moix	Lester Pridemore
Don Royston	Carol Woodard

# WELLNESS

## Building Bluebird Houses

For the past 15 years the Kingsport Bluebird Society has been working to promote Kingsport as a bird sanctuary. Working thorough the Parks & Rec. Dept. and the Greenbelt advisory committee, their objective is to increase the population of the Eastern Bluebird within the city and surrounding area. Our wood shop here at the Kingsport Senior Center has the opportunity to participate in this project by building bluebird houses. All materials, including plans approved by the North American Bluebird society, will be supplied. If any of our wood shop workers would like to participate in this project we will meet in the Wood Shop on **Monday, June 23, 2014 at 10:00 am.**

## TOURNAMENTS

**Table Tennis:** Come join us for a table tennis tournament on **Wednesday, June 11 2014** at 1:00 pm in the Gym. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-ups is Monday, June 9, 2014.

**Billiards:** We invite all pool sharks to show off your skills on **Wednesday, June 25, 2014** at 10:00 am in the Billiards Room. This tournament will be an 8-Ball Tournament partners Kingsport Senior Center vs Johnson City Senior Center billiards players. We will play billiards race to five (5) wins, partners will be selected the day of the tournament. Tournament Inter-City Billiards Champions trophy will be awarded to the team who wins the most games. **Note:** We will play on the first three tables in the billiards room. Sign up in the office.

## Canoe The Clinch

Come join us as we travel to Natural Tunnel State Park to canoe The Clinch river. We will depart the senior center on **Wednesday, June 18, 2014** at 8:15 am. Cost for transportation is \$8.00 each due when you sign up, fee for canoe is \$12.00 each (cash only) due before we depart. We need a minimum of eight to sign up for trip to go, and is limited to twelve people; so when you sign up you must have a partner. Everyone bring a bag lunch with something to drink. Sign ups began May 9, 2014.

## Smile Quote of the Month

*You take away all the other luxuries in life, and if your can make someone smile and laugh, you have given the most special gift: happiness.*

**Brad Garrett**

## HEALTH & WELLNESS FAIR

The Kingsport Senior Center’s Health & Wellness Fair will be on **Tuesday, June 17, 2014** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Balance & Fall Testing. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. So mark your calendar for this very important date to be a part of the fun. Participating Organizations below:

- Advanced Home Care
- AdvoCare
- Aid & Assist at Home, LLC
- Amedisys Hospice
- American Red Cross of Northeast TN
- BlueCross BlueShield of Tennessee
- Elmcroft @ Kingsport
- Emeritus at Remington House
- Friends of the Senior Center
- Gastroenterology Associates
- Grand Court Bristol
- Hi Health Innovations
- Holston Medical Group
- Home Instead Senior Care
- Mary Kay
- Results Physiotherapy
- Senior Care Consulting
- Smoky Mountain Home Health
- State of Tennessee Services for the Blind
- Sullivan County Regional Health Department
- United HealthCare
- Visiting Angels
- Walgreens
- Wellington Place Colonial Heights
- Wellmont - Comprehensive Weight Management Center
- Wellmont HVMC - The Hearing Center

## Wellness Seminar

Tiffany Feigley, PAHM, Medicare Advocate with BlueCross BlueShield of Tennessee will be at the senior center on **Tuesday, June 17, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare 101”. The A, B, C, and D’s of Medicare. Are you planning for retirement and want to know about Medicare? Do you think you might work past age 65, but are not sure how to handle Medicare enrollment? Do you help your parents with their Medicare choices and wish you understood more? Tiffany’s presentation will prepare you with the facts so that you can make a decision that’s best for you.

## Woodshop Safety Class

Woodshop safety Class is held every 1st Monday of the month in the Card Rood at 9:00 am, sign up in the office.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Total Body Workout ~ 9:30 ~ Room 302 (new summer location)  
Happy Day Singers ~ 9:45  
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 8:00-11:00 ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:30 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Piloxing ~ 9:30 ~ Room 302 (new summer location)  
Basketweaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 8:00-11:00am ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Zumba Gold Toning ~ 2:00 ~ Gym ~ Begins on June 5 (6 week class)  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30 ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Total Body Workout ~9:30 ~ Room 302 (new summer location)  
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 8:00– 11:00~ Aquatics Center

Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Lap Swimming ~ 8:00– 11:00 ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 8:00 — 11:00 ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Piano Lessons ~ 1:00 ~ Multipurpose Room  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym  
Exercise room and computer lab also available.

We will offer free trial membership to new members in June.

TRAVEL AND SPECIAL EVENTS

**Zumba Gold Toning– Tuesday’s beginning on June 3 and ending on July 22 at 2:00p.m. in the gym**– Cost: \$2.00 per class– Instructor: Linn Branchfield– What is Zumba Gold Toning? It is muscle toning for the young at heart. It’s the dance-fitness party that moves at your pace– and more! Shake and sculpt your way to a healthy body for an active lifestyle. Whether you’re an active adult or just starting your fitness journey– the Zumba Cold Toning Program combines the enticing international rhythms of a slower-paced Zumba Gold dance-fitness class with the sculpting moves of a Zumba Toning class, creating an easy-to-follow, health-boosting dance-fitness program anyone can enjoy! **No sign up required.**

**Cooking with Tracy– Monday, June 9, 2014– 11:-00a.m.-12:30p.m.– Lounge–** Cost: \$2.00 paid at sign-up. **Sign up began May 9.**

**Old Smokey Moonshine Distillery Tour w/ Lunch at Mellow Mushroom– Gatlinburg, TN– Wednesday, June 11, 2014– 8:30a.m.-5:00p.m.–** Cost: \$8.00 plus lunch on your own– Free tasting available– **Sign up began May 1–** Limited spots available.

**Game Day– Monday, June 16, 2014– 12:30p.m.-1:30p.m.–** Card Room– Free– Facilitated by: Billy Munsey– **Sign up began May 16.**

**Roan Mountain Hobo Pack Picnic– Friday, June 20, 2014–** Roan Mountain Shelter #2– 9:30a.m.-4:30p.m.– Cost: \$14.00 all inclusive– Bring sides to go with hobo pack– **Sign up began May 6.** Limited spots available.

**“Stretch Your Dollar” Picnic Ideas– Tuesday, June 24, 2014–** Lounge– 10:00a.m.-12noon– FREE– Sign ups began May 3. Food samples will be provided and recipes. Sponsored by Food City. \*Limit 25\*

**Fruit Basket Carvings–Wednesday, June 25, 2014–** Cafeteria– 10:00a.m.-12noon– Cost: \$2.00 paid to instructor– Instructor: Jeanette Meador– **Sign up began May 14.**

**Basic Beginning Painting**

Friday, June 27, 2014  
Room 303  
1:00p.m.-4:00p.m.  
Cost: \$20.00 paid to instructor

Supply list available at signup

Focus will be on cloudscape

**Sign up began May 23.**

**Bob Ross Style Painting**

Wednesday, June 18, 2014  
10:00a.m.-2:00p.m.  
Room 303  
Cost: \$50.00 paid to instructor  
Jay Holdway

See example in display case.

Bring your lunch.

**Sign up began May 21.**

Senior Swim at the  
Aquatics Center will be  
**8:00a.m.-11:00a.m.**  
Monday-Friday

TRAVEL AND SPECIAL EVENTS

OTLB: Hungry Mother State Park  
Lakeview

Friday, June 13, 2014  
9:45a.m.-3:30p.m.  
Cost: \$24.95 all inclusive

Lunch buffet includes:

Fresh Garden Salad, Warm rolls and butter  
Roast Beef w/ Mushroom gravy  
Chicken Parmesan  
Whipped potatoes  
Whole green beans with almonds  
Potato Salad  
Warm fruit cobblers

Sign up by June 6.

Wohlfahrt Haus Presents:  
“Hairspray”

Thursday, June 26, 2014  
Wytheville, VA  
9:45a.m.-6:00p.m.  
Cost: \$45.00 all inclusive

Can a big girl with dreams and even bigger hair change the world? It’s 1962 in Baltimore, and the loveable plus-size teen Tracy Tumblad has only one desire– to dance on T.V. When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her over-sized `do! The Tony Award-winning best Musical!

Sign up begins June 3.

OTLB: The Square Root

Friday, July 11, 2014  
Brevard, N.C.  
9:00a.m.-5:00p.m.  
Cost: \$8.00  
\*Lunch on your own\*

Located in a beautifully restored historic building..down a quiet alley in the heart of Downtown Brevard, The square root restaurant is as well known for its architectural and artistic décor as it is for its fabulous food. Whether you’re hoping to enjoy the ambiance of our indoor dining room, our locally crafted wood bar top, or the fresh breeze of our covered outdoor patio– there is room for everyone.

Menu located in front office.

Sign up begins June 4.

OTLB: Daniel Boone Inn

Friday, August 8, 2014  
Boone, N.C.  
9:00a.m.-4:30p.m.  
Cost: \$8.00 plus lunch on your own  
Bring \$19.78 day of trip for lunch

Family style restaurant.  
Menu available at sign up.

Time for shopping at general store and downtown.

Sign up begins June 18.



# Your Page

## From the Dancing Corner

JUNE DANCE AT THE RENAISSANCE CENTER ON  
JUNE 13, 2014

*Kids Our Age* Band will play your favorite dance tunes on Friday, June 13, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

*Kids Our Age* is one of the premier dance bands in the Tri-Cities. They have entertained audiences and dance groups all over Northeast Tennessee and Southwest Virginia for over twenty years. David Riggs is the centerpiece of the group and lead vocalist/guitarist. James Lane is the talented keyboardist and Jim Philyaw is featured on drums. They will play a varied, pleasing mixture of beach music, classic rock, shag tunes, pop favorites and ballroom standards. This trio welcomes song or dance genre requests.

Put this date on your calendar for an enjoyable evening of listening and dancing.



## Massage Therapy

Mondays and Tuesdays  
9:00a.m.-3:00p.m. with Barbara Keesecker  
call 423 - 735-7475  
30 minute massage  
Cost: \$20.00  
Call to schedule appointment

Wii Sports Information Session  
**Thursday, June 12th at Noon**  
Artisan Center Lounge

Stop by and learn how to use the  
Wii and Wii Fit systems we now  
have available at the  
Artisan Center!

## Tatting Class

June 23, 2014-July 21, 2014  
MONDAY'S ONLY

Card Room  
1:30p.m.-3:30p.m.  
Cost: \$35.00 paid to instructor

Instructor: Nin Gilchrist

**Sign up began May 23.**

Like to play chess? Join us on  
Monday's at 9:00a.m. in the  
lounge!

## NEWS TO USE

### **Kingsport Senior Center Survey**

Going through the accreditation process we found out we are weak in evaluations; so we formed an evaluation committee and came up with an annual survey. This will be done each June. We will also be conducting on-going evaluations for trips, classes, special events, etc. When you renew your membership you will be asked a few questions for an evaluation. We certainly appreciate all your help with this!

**Please fill out survey on pg 15 as your entrance into the sock hop on July 17.  
May turn in early.**

### **"S.M.I.L.E" Volunteer Meeting**

Thursday, June 12, 2014  
Card Room  
2:00p.m.-3:00p.m.

This meeting will be held every second Thursday of each month.

If you are a volunteer and have not had your picture taken for your name badge, then stop by the front office at your earliest convenience.

### **Vehicle Maintenance 101**

Tuesday, June 24, 2014  
12:30p.m.-1:30p.m.  
Card Room  
Free

Instructor: Chris Dudley  
**Sign up begins June 2.**

### **Hannah's Corner**

#### **Healthier "Ice Cream" sandwiches**

##### **Ingredients:**

1 cup vanilla Greek yogurt  
1 cup light whipped cream  
1 1/2 cups of defrosted frozen Strawberries  
1 box reduced fat graham crackers

##### **Directions:**

In a large bowl, mix together yogurt, whipped cream and strawberries. Freeze until slightly firm, about 2 hours. Spread on graham cracker and enjoy!

#### **"New Scams for Seniors and How to Avoid Them" Seminar**

Thursday, June 19, 2014  
12:30p.m.-1:30p.m.  
Card Room  
FREE

Light refreshments provided.

Speaker: Polly Peterson, Attorney

**Sign up begins June 2.**



**Computer Class Schedule**

**SilverSurfers**– Social Media “Facebook”-  
**Thursday, June 12, 2014**– 4:30p.m.-6:00p.m.–  
Computer Lab– FREE– Learn how to get a  
Facebook account and get started on social media–  
Instructor: Kim Howell

**Internet Security**– Monday, August 11, 2014–  
9:00a.m.-11:30a.m. and 1:00p.m.-3:15p.m.– Par-  
ticipants attend both sessions– Cost: \$10.00

**What is the “cloud” and is it safe?-** Monday,  
August 18, 2014– 9:00a.m.-11:30a.m.– Cost: \$5.00

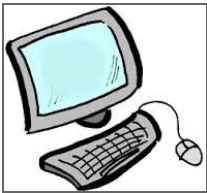
Participants in these classes must have basic  
computer skills.

**The woodshop will close down  
every last Friday of each month  
for cleaning.**

Don’t forget to like our facebook  
page! Facebook is a great way to  
find out what has been going on  
at the center and what will be  
happening.



**KARAOKE will not meet in  
June, July or August**



**Genealogy Group , 9:00 am Friday’s**

**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Library Book Day– July, etc.
  - Volunteer Instructors
  - Tour guides/Greeters for Center
    - Exercise Room
    - Office Clerical
    - Entertainment
    - Program Liaison
    - Computer Lab
  - Nutritional Assistant
  - Scrap book for Senior Center

**Attend SMILE meeting- Thursday, June 12 at  
2:00 in Card Room.**

**Computer lab is available when not being  
used for class.**

**Library Book Day**  
Thursday, June 19, 2014





## ***Kingsport Senior Citizens Center***



Presents a Fabulous 10 Days/9 Nights Vacation To  
***San Antonio, TX / New Orleans, LA***



### **Your Package Includes:**

9 Nights Hotel Accommodations including:  
*4 Nights in San Antonio, 1 Night in New Orleans & 2 Nights in Tunica*  
8 Breakfasts & 5 Fabulous Dinners to include:  
**1 Dinner at the Rio Cibola Guest Ranch with A Twilight Hayride and**  
**1 Dinner at the New Orleans School of Cooking**  
**Hotel Reception with Hot Food & Cold Beverages**  
**City Tour of San Antonio to Include The Alamo**  
*Your tour of San Antonio will include visits to **San Fernando Cathedral, King Williams Historical District, the El Mercado Market** and much more!*  
**The Imax Theater Featuring "Alamo – The Price of Freedom"**  
**Explore the Famed San Antonio Riverwalk with Boat Cruise**  
**Explore the Lyndon D. Johnson National Historic Park**  
*While there tour the LBJ Ranch and see the "Texas White House"*



**Institute of Texan Cultures w/Guided Tour**  
**Admission to National Museum of Pacific War**

*The National Museum of the Pacific War is the only institution in the continental United States dedicated exclusively to telling the story of the Pacific Theater battles of World War II. Located on a six-acre site, the Museum includes the **George Bush Gallery***

**Visit to the San Antonio Missions National Historical Park**  
**Guided Tour New Orleans**

*See and experience all New Orleans has to offer. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery.*

**New Orleans Natchez Riverboat Cruise**  
**Tunica Casino Bonus Package\***

Standard Taxes, Meal & Driver Gratuities & Baggage Handling  
Deluxe Motor Coach Transportation



**For Information and/or Reservations, Please Contact:**

**Marlana Williams @ 423-392-8405**

**Date:** September 21 – September 30, 2014

**Price:** \$1399.00 Per Person – Double Occupancy

**TRAVEL PROTECTION:** Cancellation Policy is Severe. Travel Protection can be purchased at the time of initial deposit for **\$145.00** per person-double occupancy. Travel Protection, on an individual basis, should be forwarded to PML Tours as each person gives his or her initial deposit.

Fuel surcharges by all transportation companies may be assessed.

**\*Casino bonus packages subject to change at casinos discretion.**

Toll Free USA: 1.800.872.4868 Toll Free USA & Canada: 1.800.486.7651 websales@pmltours.com

*Members Of: National Tour Association / Consumer Protection Plan / Cruise Lines International Association / American Bus Association*

# Did You Know???

- 1. The world record for the longest period without sleep is 18 days, 21 hours and 40 minutes during a rocking chair competition.**
- 2. The human brain can only remember 3-4 things at the same time and only for about 20 seconds.**
- 3. Every 2, 000 frowns creates one brow wrinkle.**
- 4. Every 7 years, you lose about half of your friends and replace them with new people.**
- 5. The human eye can detect 10,000,000 different colors.**
- 6. You can now text 911 in the event of an emergency.**
- 7. Hawaii is the most geographical isolated place in the world.**
- 8. Only about 1% of the population has a “genius” IQ of 140 or higher.**
- 9. A yawn last for approximately 6 seconds. You can count while you’re yawning now.**
- 10. The FDA allows up to 19 maggots and 74 mites per 100 grams of mushrooms that are canned.**
- 11. Mosquitoes have 47 teeth.**
- 12. Wal-Mart averages a profit of about \$1.8 million every hour.**
- 13. In order for a woman to wear makeup in Morrisville, PA she must get a permit first.**
- 14. You are about 1 cm taller in the morning than in the evening.**
- 15. There are enough preservatives in a bag of Doritos to mummify a small dog.**
- 16. A person who smokes a pack of cigarettes a day will, on average, lose 2 teeth every 10 years.**




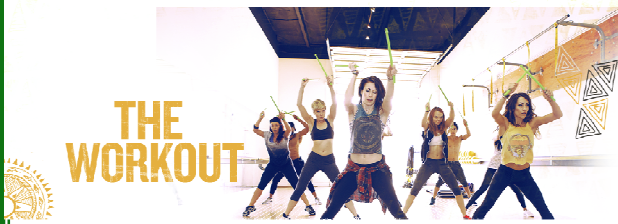
# Summer 2014 BRANCH SITE SCHEDULE

<p><b><u>Core Conditioning</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li><li>• Great for all ages</li><li>• Gain core strength</li></ul> <p><b><u>Beginning Crochet (May 13)</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• 11:00-</li><li>• Instructor: Susan Egan</li><li>• Location: Lynn View Branch Site</li><li>• \$20.00</li><li>• Must be right handed, call for materials list. 765-9047</li></ul> <p><b><u>Intermediate Crochet (May 13)</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• Instructor: Susan Egan</li><li>• Location: Lynn View Branch site</li><li>• 11:30</li><li>• \$20.00</li><li>• Bring your own pattern</li></ul> <p><b><u>Beginning Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 10:00am - 12:00 noon</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Basic drawing class</li></ul> <p><b><u>Advanced Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 9:00am –11:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Must have taken the beginning class or have permission of the instructor</li></ul> <p><b>Line Dance Classes will be self directed with no instructor June 2-16. CD and Boom Box will be available.</b></p> <p><b><u>Line Dance - Beginning</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 11:15am - 12:00pm</li><li>• Location: Ren Center Gymn</li><li>• Instructor: Lyna Faye McConnell</li></ul> <p><b><u>Line Dance - Intermediate</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 12:15pm –1:15pm</li><li>• Location: Ren Center Gym</li><li>• Instructor: Lyna Faye McConnell</li><li>• Faster-paced, less instruction for advanced dancers.</li></ul>	<p><b><u>Advanced Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:00am - 11:30am</li><li>• Location: First Broad Street UMC Rec. Room</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Private Personal Training with Chris</u></b></p> <ul style="list-style-type: none"><li>• Call for appointment ~ 723-9967</li><li>• Call for prices</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Artist and Crafters Monthly Breakfast</u></b></p> <ul style="list-style-type: none"><li>• 2nd Tuesday</li><li>• 9:30am</li><li>• Lynn View Branch Site</li><li>• Please call for reservation 765-9047</li></ul> <p><b>No meeting June/July</b></p> <p><b><u>Strength Training</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 9:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: First Broad Street UMC</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"><li>• Tuesday 10:45am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: BJ Goliday</li><li>• Minimum of 8 students required</li></ul> <p><b><u>SilverSneakers Muscular Strength and Range of Movement</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Piloxing</u></b></p> <p><b><u>*New Location for summer”</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• Time: 9:30am</li><li>• Location: KSC room 302</li><li>• Instructor: Terri Bowling</li><li>• This class is a combination Pilates and kick boxing and is an intense workout.</li></ul>	<p><b><u>Total Body Workout</u></b></p> <p><b><u>* New Location for Summer*</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 9:30am</li><li>• Location: KSC room 302</li><li>• Instructor, Terri Bowling</li></ul> <p><b><u>Game Day</u></b></p> <ul style="list-style-type: none"><li>• 3rd Tuesday of Month</li><li>• Time: 12:00 noon</li><li>• Lynn View Cafeteria</li><li>• Group Leader: TBA</li><li>• Sequence and variety of board games</li><li>•</li></ul> <p><b><u>Pickleball</u></b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday</li><li>• Time: 1:00pm - 3:00pm</li><li>• Lynn View Branch Site</li></ul> <p><b><u>Silver Sneakers Yoga</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 11:00am</li><li>• Location: KSC Gymnasium</li><li>• Instructor: Darlene Taylor</li></ul> <p><b><u>Indoor Walking</u></b></p> <ul style="list-style-type: none"><li>• Monday - Friday</li><li>• Time: 9:00am - 12:00 noon</li><li>• Location: Colonial Heights Baptist Church walking track</li><li>• There will be a roster in the gym office at the church. Please sign the roster as with any other class.</li></ul> <p><b>Silver Sneakers Yoga</b></p> <p>Thursdays</p> <p>Time: 11:00</p> <p>Location: Lynn View Branch Site</p> <p>Instructor: Chris Hicks</p>
--	---	---

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com) And like us on Facebook

<div data-bbox="108 475 677 615">  </div> <div data-bbox="108 693 687 1069"> <p><b>Summer 2014</b>  Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> </div> <div data-bbox="108 1106 687 1696"> <p><b><u>JOB SKILLS</u></b>  <b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> </div> <div data-bbox="108 1734 687 2212"> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b>Pound Fit * NEW* Coming Soon!</b>  POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!</p> </div> <div data-bbox="88 2355 677 2567">  </div>	<div data-bbox="711 506 1292 1314"> <p><b>Women’s Self Defense *NEW*</b></p> <ul style="list-style-type: none"> <li>• One Day Workshop</li> <li>• Saturday, June 14th</li> <li>• 10:00-12:00</li> <li>• Instructor: Luke Noce</li> <li>• Fee: \$25</li> <li>• Location: Kingsport Renaissance Center</li> </ul> <p>Come learn simple, and effective techniques to protect yourself. Don not be a victim, you can defend yourself against any attacker! Learn the basics of Krav Maga for self defense against rape, assault, and other attacks. This will be an interactive, seminar covering multiple combative techniques. Discussion topics will include situational awareness, defense mindset, and more. Join us for a non-judgmental, and safe day of training. Seminar will be open to females 12 and up, absolutely no experience necessary. Recommended equipment is comfortable athletic attire, tennis shoes and water.</p> </div> <div data-bbox="711 1320 1292 2051"> <p><b>Senior Adult’s Self Defense *NEW*</b></p> <ul style="list-style-type: none"> <li>• One Day Workshop</li> <li>• Saturday, June 28th</li> <li>• 10:00-12:00</li> <li>• Instructor: Luke Noce</li> <li>• Fee: \$25</li> <li>• Location: Kingsport Renaissance Center</li> </ul> <p>As we age, our body’s physical capabilities change, but that does not stop us from being able to protect ourselves against those that mean us harm. Come learn Krav Maga techniques that work for any level of mobility; we don’t expect you to fit our mold, we want to shape the mold around you. You will learn basic defenses against robbery, assault, and abuse that can be adapted for any physical limitations. Come see what you are capable of, after 50! Seminar is open to all seniors, athletic attire, tennis shoes and water recommended.</p> </div> <div data-bbox="711 2088 1292 2237"> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul> </div> <div data-bbox="711 2275 1292 2529"> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> </div>	<div data-bbox="1320 506 1901 761"> <p><b>Self Defense for Kids/ Anti Kidnapping</b></p> <ul style="list-style-type: none"> <li>• One Day Workshop</li> <li>• Wednesday, July 9th</li> <li>• 5:30-7:00</li> <li>• Instructor: Luke Noce</li> <li>• Location: Kingsport Renaissance Center</li> <li>• Fee: \$25</li> </ul> </div> <div data-bbox="1320 767 1901 1721"> <p>We want the best for our children, and never want to believe that they can be a victim, but each year thousands of children encounter an abductor or attacker. Equip them with the knowledge to make it home safe, in the rare chance that they encounter the worst case scenario. Krave Maga uses simple and effective techniques, to give your kids the tools to protect themselves when you are not around. We will show your children that they are able to protect themselves against a full grown adult, while simultaneously learning danger avoidance. We will cover topics ranger from stranger danger, safety awareness, anti-bullying techniques, and when appropriate physical self defense. Fun and engaging techniques will keep your child interested, while we teach them important life skills, and responsibility, in a positive and motivating environment. This is not your typical Karate class! Any child from 5-123 is welcome. Please dress them in clothing suited and shoes appropriate to physical activities. We encourage parents to remain and watch, and maybe even participate</p> </div> <div data-bbox="1320 1759 1901 2604"> <p><b>Adult Coed Basic Self Defense</b></p> <ul style="list-style-type: none"> <li>• One day workshop</li> <li>• Saturday, July 26th</li> <li>• 10:00-12:00</li> <li>• Instructor: Luke Noce</li> <li>• Location: Kingsport Renaissance Center</li> <li>• Fee: \$25</li> </ul> <p>Krav Maga means contact combat, and is the premier self defense system, for the modern world, We will teach you proficiency in self protection in a short period of time. It is used by special forces, military, and law enforcement world wide because it is so effective, but it is simple enough for anyone to learn, regardless of size, or strength. Using techniques from multiple combat, martial arts systems, we want to teach you how to survive any encounter, You will learn a principle based system, that is easy to use and remember, under the most stressful circumstances. Come join us for an introductory workshop. Go home safe! Open to ages 16 and up.</p> </div>
--	--	--

# Senior Fest Schedule

## **Monday, July 14:**

- 9:00a.m.-Quilt Show– Multipurpose Room
- 9:00a.m.– Herbs and Spices for Cooking– Cafeteria
- 10:00a.m.-How to Attract Birds to your Yard– Card Room
- 11:10a.m.– Happy Day Singers– Atrium

## **Tuesday, July 15:**

- 9:00a.m.-Corn Hole Tournament– Gym
- 10:30a.m.– Renaissance Strings– Atrium

## **Wednesday, July 16:**

- 9:00a.m.– Civil War Reenactment– Front Lawn
- 9:00a.m.– How to Make Chicken Salad Doves– Lounge
- 10:30a.m.– Magic Show– Theater

## **Thursday, July 17:**

- 9:00-11:30a.m.-Gym
  - Sock Hop
  - Pastry Cook-Off
  - Hip Hop Dance by New Vision Youth with soloist Julieona Soto
  - Woodcarving Demo– Woodshop

## **Friday, July 18:**

- 9:00a.m.- “STOP” Survival Tactics for Ordinary People– Theater
- 10:00a.m.– Pound Fit Demo– Theater
- 10:30a.m.– Staff presents: “Evolution of Dance”- Theater

\*Door prizes will be awarded each day at 11:30a.m. and must be present to win.

\*\*Genealogy demos: Monday-Friday- 9:00a.m.-11:00a.m.– Computer Lab

\*\*\*Brain Games Team Qualifying– Monday-Friday– 1:00p.m.– Computer Lab

Refreshments served daily.

**Kingsport Senior Center Survey**

Please **CHECK** the best answer for each of the following questions:

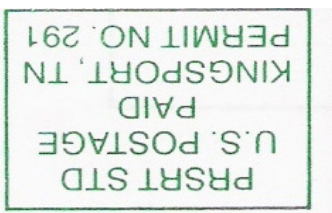
	< 1 Year (1)	1-5 Years (2)	6-10 Years (3)	10+ Years (4)		
Approximately how long have you been coming to the senior center?						
	Daily (1)	2-4 X per Wk(2)	1 X per Wk (3)	1-3 X per Mo. or less(4)		
In general, how often do you come to the senior center?						
3. Where do you most often get information about senior center activities? Check all that apply.						
<div><div><input type="checkbox"/> Local newspaper (1)</div><div><input type="checkbox"/> Flyers posted in center (3)</div><div><input type="checkbox"/> Television (5)</div><div><input type="checkbox"/> Other (Specify) (7)</div></div> <div><div><input type="checkbox"/> Website (2)</div><div><input type="checkbox"/> Sr center newsletter (4)</div><div><input type="checkbox"/> Friends (6)</div></div>						
	Strongly Agree	Agree	About the Same	Disagree	Strongly Disagree	N/A
1. Overall the <b>senior center</b> is clean and attractive.						
2. <b>Staff</b> is professional.						
3. <b>Staff</b> is responsive to my needs.						
4. <b>Staff</b> is friendly & courteous.						
5. <b>Staff</b> is knowledgeable of activities and services.						
6. Would you be interested in <b>volunteering</b> ?						
7. I am happy with the <b>exercise &amp; fitness</b> classes offered.						
8. I am happy with the <b>health &amp; wellness education</b> presentations and screenings.						
9. I am happy with the <b>educational</b> classes offered.						
10. I am happy with the <b>recreational &amp; social</b> activities offered.						

We are always working to improve your senior center environment and facility. Please tell us if there are other programs, activities or services you would like to see offered at the senior center.

Please share any other concerns or comments that will help us serve you better

Name (optional) \_\_\_\_\_  
For more information on the senior center, please call 392-8400, or for more information on volunteering please call Michelle at 423-392-8404.





**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

## **Your Opinion Matters**

### **1st Community Input Day:**

Tuesday, June 10th 1:00a.m.-3:00p.m.  
Refreshments served

### **2nd Community Input Day:**

Thursday, June 19th 5:00p.m.-7:00p.m.  
Dinner served

If you are 50 years of age or older please join us as we discuss topics regarding Facility, Program Planning & Implementation, Evaluation, and other issues related to the many programs and services offered at the Senior Center.

**For more information contact the front office: 392-8400**